

Yes to Grains, Fruits and Vegetables

Breads and Grains

- Source of the 3 major B vitamins
- Provide folate, potassium, calcium, vitamin E and magnesium
- Rich in fiber
- Complex carbohydrates

Carbohydrates

- Simple
 - Sugars are simple carbohydrates
 - Consist of one or two sugar units
 - Occur naturally in fruits, vegetables, milk
- Complex
 - Complex chain-like structures of many sugar units
 - Include starches and dietary fiber
 - Occur in grain foods, fruits, vegetables

Grains

- Wheat
- Rye
- Barley
- Oats
- Corn
- Rice

Whole Grains

- Made from the entire grain kernel with only the husk removed.
- Contain mixtures of carbohydrates
- Check labels to be sure the whole grain is the first item on the ingredient list.

Grains

- Most grain products available have been stripped of components
- Fewer vitamins and minerals
- Less fiber
- Check labels

Fiber

- Essential for proper bowel function
- Reduces symptoms of chronic constipation, diverticular disease and hemorrhoids
- May lower the risk of heart disease
- May lower risk of some cancers

Insoluble Fiber

- Hold water, making stools bulkier and softer so they pass more quickly
- Aids in weight control when high-fiber foods are substituted for high-fat, high-calorie foods
- Occurs in vegetables, fruits, legumes and cereals

Soluble Fiber

- May lower blood cholesterol when eaten as part of a low-fat diet
- Occur in higher concentration in fruits, oats, barley and legumes
- Helps diabetics maintain control of the blood sugar levels

How Much Do We Need?

- Dietary guidelines recommend obtaining 55 – 60% of calories from carbohydrates
- American Dietetic Association recommends that adults consume 20 – 35 grams of fiber daily

Children & Fiber

- As children grow they need more fiber
- For children aged 3 to 18:
 - Add 5 to the child's age for the grams of fiber needed.
 - For a six year old child:
 - $5 + 6 = 11$ grams of fiber.
 - For an eight year old child:
 - $5 + 8 = 13$ grams of fiber.

American Eating Patterns

- Recent surveys show:
 - 90% of Americans aren't eating enough grain foods
 - 41% of Americans do not get enough fiber